



Sliders in the spotlight

A new taste for summer with mouth-watering trimmed pork tenderloin and mushrooms between miniature buns **PAGE 27**

SPEED 2

- WATCH USAIN BOLT'S CRUISE CONTROL AS HE RACES TO DEFEND HIS 200M TITLE: 3:55 P.M. ON CTV
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VANTASTIC!

Adam Van Koeverden paddled to win silver in the 1,000-metre kayak-single event at the London 2012 Olympic Games at the Eton Dorney in London. For more Olympic coverage, see pages 31-32. **STEVE RUSSELL/TORSTAR NEWS SERVICE**

A trail of rubble left behind

Contracting scam?

Woman with multiple sclerosis stuck at home, while her driveway remains unfinished



JESSICA SMITH
jessica.smith@metronews.ca

Wajiha Abbas' driveway has been rubble for three weeks, since she and her husband say they were taken in by a common contracting scam — even though their son owns a legitimate contracting company.

"I want people to never ever trust anyone before you do a background check," she said on Wednesday afternoon. "I hope the police catch him."

A man with blue eyes and an Irish accent came to her door about three weeks ago and offered to refinish her driveway with interlocking bricks, she said. She trusted him because he had already started excavating a few of her neighbours' driveways on Saginaw Crescent in Nepean, she said.

Wajiha's son Moe Abbas owns Ottawa General Contractors. He said his mother spoke with him briefly about getting the driveway done — work his company doesn't normally do. She assured him the man was already doing work on their neighbour's driveways, so they didn't suspect a problem, he said. "This guy's price was very low," he said.

The blue-eyed man and two associates tore up her double driveway and then asked for \$7,000 — half of the total cost of the job — to buy the bricks.

Her husband took some money from the bank and borrowed the rest from family.

The work remains unfinished at her and her neighbour's homes, and no one is answering the phone number on the man's card. She called once and the man said he was in St. John's because of a family issue, but hasn't answered the phone since. Calls by Metro also went unanswered. There is no online record of the company, T & J's Paving Contractors.

Wajiha said she will now have to get a legitimate contractor to finish the work.

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ER nursing increase will mean less down time for paramedics

3,900 work hours added. Funding will be divvied up based on needs of local hospitals

JESSICA BEDDAOUI
ottawa@metronews.ca

Ottawa emergency rooms are getting a 17-per-cent increase in funding that will go directly towards nursing hours in ERs and help get paramedics out of hospital waiting rooms and back on the road.

Local hospitals will be allotted \$1,499,082 to fund a program created in 2008 that strictly devotes nurses to handle patients who arrive by ambulance, Phil McNeely, Ottawa-Orléans MPP and parliamentary secretary to the minister of health and long-term care, announced Wednesday.

"Paramedics should not be taking care of patients after they drop them off at the hospital," said McNeely.

An additional 3,900 hours

Quoted

"Paramedics should not be taking care of patients after they drop them off at the hospital."

Phil McNeely, MPP for Ottawa-Orléans and parliamentary secretary to the minister of health and long-term care

will be distributed to ER nurses in Ottawa.

"Adding more hours means having more ambulances back (on) the road because our discharge wait time will be shortened," said François Le-maire, director of critical care and emergency at Montfort hospital.

The hours will be divided following a meeting between city and hospital staff.

"The city sits down and, based on needs of each hospital, they divide the hours that will be provided," said McNeely. "Some hospitals will do it in different ways, it may be that some are in surplus situations with nurses but



MPP for Ottawa-Orléans Phil McNeely, back row, right, poses for a photo with Montfort Hospital staff.

CONTRIBUTED BY SHAWN KALBHENN

in all likelihood it would be more nurses hired as a result of this."

Ottawa is one of 18 municipalities that will receive funding for the program.

McNeely added he believes changes in hospital funding will continue to evolve in Ontario. "In the future we'll see hospitals paid not on the traditional funding they've

been getting but based on what they are doing each year. They'll be getting paid for knee replacements, hip replacements, all operations," he said.



The wave pool at Calypso Waterpark, where 14 children were treated by paramedics after being exposed to chlorine vapour. JOE LOFARO/METRO

Chlorine released during repairs sickened kids, water park says

Chlorine is what made 14 children ill at Calypso Waterpark on Tuesday, the park confirmed.

Paramedics treated 14 kids and took 13 from Calypso to CHEO after they were swimming in the wave pool and suddenly began complaining of a strong chlorine smell and breathing problems, paramedics said.

Three of the children suffered nausea and vomiting and all 14 experienced upper airway irritation, which involves a sore throat and coughing, said paramedic spokesman J.P. Trotter.

In a statement, the park said that an air leak was detected by a maintenance technician and the filtration system shut down for 15 minutes, while both chlorine pumps continued to function.

"As chlorine is highly volatile, it quickly evaporated due to the waves and emitted chlorine vapour, thereby irritating the lungs of 14 children, but no adults," the statement read.

The wave pool includes several water-return ports as part of a filtration process, as well as a slight undertow, which is why officials believe that only

New procedure

- A statement from Calypso Water Park said that, although the incident was "regrettable," no one was seriously injured and maintenance technicians have been given a new procedure to follow to ensure all chlorine pumps are shut off when the filtration process is interrupted.

those in that pool were affected. JESSICA BEDDAOUI/FOR METRO

1 NEWS

Mobile news



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Theft. Robber flees with cash, dye-pack surprise

Ottawa police are looking for a masked man who robbed a bank on Innes Road on Tuesday afternoon.

Just before 12:30 p.m., a man with his face covered and armed with a large knife jumped the counter at the bank and demanded money.

The suspect was given an undisclosed amount of cash with a dye pack that deployed after he fled.

The suspect is described as a white male with an average height and build.

Anyone with information is asked to contact the Ottawa Police Service Robbery Unit at 613-236-1222, ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. JESSICA BEDDAOUI/FOR METRO



A knife-wielding robber is shown here in this security video footage taken Tuesday afternoon.

CONTRIBUTED

Gatineau

Val-des-Monts teen fighting for her life after minivan crash

A 17-year-old girl from Val-des-Monts is in critical condition after a two-car crash in Gatineau Tuesday night.

At 10:45 p.m., Gatineau police were called to a collision at the intersection of Boulevard Greber and Boulevard de la Verendrye.

Police believe a 19-year-old woman was driving northbound along Boulevard Greber and failed to stop at a red light. She collided with another vehicle that was heading west on Boulevard de la Verendrye.

The impact of the crash sent one of the cars into a Mitsubishi dealership nearby.

The injured teenager was a passenger in the car driven by the 19-year-old woman. The driver suffered minor injuries.

The driver of the other vehicle was a 42-year-old woman from Gatineau who also suffered minor injuries.

JESSICA BEDDAOUI/FOR METRO

Little Italy

Ottawa Fashion Week announces new venue

Ottawa Fashion Week will have a new home next season in the heart of Little Italy.

Organizers announced this year's venue will be the Sala San Marco Banquet and Conference Centre on Preston Street from Oct. 11-14. The show will feature designs for the Spring and Summer 2013 collections.

The complete designer lineup will be announced closer to the event. Last season was held at the downtown Westin Hotel and included designers like Sukhoo Sukhoo, Rachel Sin, !NU.I by Vickie, Amanda Emmanuel and others.

Creative director Bruno Racine will host a launch event at Sala San Marco on Oct. 9.

JOE LOFARO/METRO



Hundreds of people are expected to attend the United Church of Canada's general council meeting in Ottawa, which runs from Aug. 11 to 18. Above is a photo of the church's 2009 general council meeting in Kelowna, British Columbia. CONTRIBUTED

General council meeting not so political, United Church of Canada says

Controversy. Political issues have religious dimension, church official says



JOE LOFARO
joe.lofaro@metronews.ca

The Israel-Palestine conflict and the Northern Gateway Pipeline are two notable issues up for debate at the United Church of Canada's general council meeting in Ottawa this weekend, but the church says it's not all political talk.

Around 600 people from across Canada will attend the

41st general council meeting at Carleton University to debate 130 proposals for action and elect a new moderator.

Approving a report on the church's core values and enacting changes to the doctrine section of The Basis of Union document are a couple of the in-house items on the agenda, but there are larger socio-political issues on the table.

The \$6-billion Enbridge construction project seems to be getting most of the attention in the media, said Rev. Bruce Gregersen, the United Church of Canada's general council officer of programs. But he maintained the meeting is "profoundly religious."

Although the resolution calls for the church to reject the project, Gregersen said the church has not yet taken an official stance on it.

"It's a question of listening to concerns of people who have framed the proposals based on environmental concerns," said Gregersen. Aboriginal members in the west coast have expressed their concerns about the construction project's impact on the environment.

With respect to the Israel-Palestine conflict, he said that is a debate about justice, fairness and peace.

"In no way are these purely political issues," said Gregersen, adding, rather, that

they're, "fundamental issues".

Some of the actions are symbolic, while others, he said, require letters and phone calls, which can take years to implement.

As with any recommendation, there might be people who disagree.

The meeting "becomes an opportunity to speak to the church," said Gregersen.

The meetings will be held from Aug. 11 to 18 in the Raven's Nest Gymnasium and will also be streamed live at gc41.ca.

Follow Joe Lofaro on
Twitter @giuseppelo



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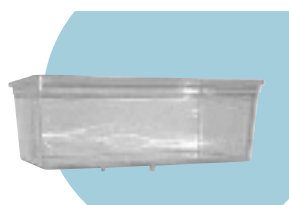
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INFORMATION

Olympic rules may be too tight for reflexes: Research

University of Ottawa.
It turns out some false starts aren't false at all**JESSICA SMITH**
jessica.smith@metronews.ca

On your marks, get set, startle!

Research underway at the University of Ottawa has found the Olympic rules for false starts may be too strict and penalize runners who aren't aiming to cheat, but are simply startled by the starter's gun.

"The IAAF (International Association of Athletics Fed-

erations) rules state that if you react in less than 100 milliseconds after the gun, it's considered a false start," said researcher Tony Carlsen on Tuesday. "What we see using our loud stimuli is that if it's loud enough that you can cause a startled reaction at the same time, people react in less than 100 milliseconds sometimes — that would get people disqualified."

Changing the false-start threshold to 50 milliseconds after the gun would eliminate the problem, because the fastest reaction times his team has encountered are more than 60 milliseconds, he said.

Carlsen's team found people react to a sudden sound either voluntarily or involuntarily, using different neural pathways. The involuntary, or "startled," reaction is quicker.

Carlsen said it is possible to prime athletes to react involuntarily, which could shave the milliseconds that can separate gold and silver off a runner's times, but would raise the risk of a false start.

The research could also become useful for people with neurological disorders such as Parkinson's disease, who typically have delayed reactions to stimuli, said Carlsen.

Badminton star aims to boost sport's profile

Canada's top-ranked under-19 badminton player dreams of going to the 2016 Olympics and raising the profile of his sometimes-overlooked sport.

Ottawan Andrew D'Souza, who just turned 18, won the XXI Pan-Am Junior Championships in singles this year and will begin competing as an adult in the fall.

"I want to bring home an Olympic medal, because it would be a first time Canada's ever had one in badminton," said D'Souza.

This year, Canada came

closer to the podium than ever before when Alex Bruce and Michelle Li placed fourth in doubles after eight players from China, South Korea and Indonesia were expelled for throwing matches.

"The whole scandal thing — I wasn't too happy about that," D'Souza said. "It's bad publicity, but at the same time it's some publicity for badminton."

His current sports idol isn't a badminton player, but Jamaican sprinter Usain Bolt.

"It's how he gives back to

his community. In Jamaica, he's giving back to the schools, supporting them and helping them develop track-and-field programs," he said.

D'Souza said if he can win a medal at the Olympics it would increase the publicity and the money available in badminton and allow him to help build a better badminton program in Canada.

He began playing badminton at the RA Centre as a child and he now works at a summer camp there.

JESSICA SMITH/METRO

Barbara Ann Scott

Gallery honouring 'Canada's Sweetheart'

With the Summer Olympics fresh in everyone's minds, the city will unveil a new gallery Thursday honouring 1948 Olympic gold medallist and Ottawa native Barbara Ann Scott.

Twenty years after her birth in Ottawa, Scott was welcomed home by a crowd of several thousand people celebrating the young figure skater's win at the Winter Olympic Games in Switzerland.

She became the first Canadian to win the gold medal for ladies single figure skating and gave Canadians something to

**A photo of Barbara Ann Scott hangs next to a case of her gold medals for the European, world, and North American figure skating championships in 1947.**

JOE LOFARO/METRO

be proud of. Later, she became known as "Canada's Sweetheart."

Inside the gallery are

black-and-white photographs of Scott, more than a dozen of her medals, a Barbara Ann doll, trophies



Researcher Tony Carlsen, hands shown, demonstrates reaction-time testing on student Neil Drummond at the University of Ottawa Wednesday. JESSICA SMITH/METRO



Andrew D'Souza plays badminton at the RA Centre on Tuesday. JESSICA SMITH/METRO

and the gold medal she took home in 1948.

Mayor Jim Watson said Scott, now 84, called the city about a year and a half ago to say she wanted to donate some of her memorabilia. What's inside the gallery at city hall today is only about one-third of her personal collection, said archivist Paul Henry.

JOE LOFARO/METRO

Going green

Councillor ditches her car for good in favour of transit

Coun. Katherine Hobbs said in a statement issued Wednesday that she has sold her personal vehicle

and won't buy another.

"As a city councillor, I work every day to develop cyclist and pedestrian infrastructure to resolve traffic challenges and meet the need for sustainable transit options in our evolving city. As a resident, I support alternative transportation."

A year ago, Hobbs decided to challenge herself and gave up her car for two months and instead relied on walking, cycling, and transit for transportation. Now she says there's no going back. METRO

Online

For more local news visit metronews.ca



Equestrians fall short

Canada's Ian Millar, from Perth, Ont., rides his horse Star Power over a jump in the first round of the equestrian individual jumping final during the 2012 Summer Olympics on Wednesday in London. Millar finished tied for ninth while defending gold medalist Eric Lamaze of Schomberg, Ont., failed to make the final round. Lamaze said his mare was tired and inexperienced.

RYAN REMIOWZ/THE CANADIAN PRESS



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Sect kept kids in underground captivity

'Kingdom' raided.
Children lived in cells for years, rarely saw the light of day and never attended school

sian province about a decade ago and 70 followers soon moved into an eight-level subterranean honeycomb of cramped cells with no light, heat or ventilation.

Children were born. They, too, lived in the cold underground cells for many years — until authorities raided the compound last week and freed the 27 sons and daughters of the sect.

Aged one to 17, the children rarely saw the light of

Quoted

The children "looked nourished but dirty, so we had to wash them."

Pediatrician Tatyana Moroz

day and had never left the property, attended school or been seen by a doctor, officials in the oil-rich Volga River province of Tatarstan said Wednesday. Their par-

ents were charged with child abuse.

The sect's 83-year-old founder, Faizrakhman Satarov, was charged with negligence, said Irina Petrova, deputy prosecutor in the provincial capital of Kazan.

The children were discovered when police searched the sect grounds as part of an investigation into the recent killing of a top Tatarstan Muslim cleric.

THE ASSOCIATED PRESS



Two members of the underground sect are pictured Wednesday.
NIKOLAY ALEXANDROV/THE ASSOCIATED PRESS

A self-proclaimed prophet had a vision from God: He would build an Islamic kingdom — under the earth.

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Games mystery. Athletes stage a team event with a difference — disappearing

Where are they?

The disappearance of seven Olympic athletes from one of the poorest nations on Earth was turning into a gold-medal mystery Wednesday.

Seven Cameroon athletes left London's Olympic village in the dead of night and disappeared.

They may be seeking new homes and better sports opportunities elsewhere, a Cameroon Olympic official said.

The Olympians have valid U.K. visas that would allow them to stay in Britain for six months, said press attache Emmanuel Tataw, noting this has happened before to national or Olympic squads competing in Melbourne and Athens.

"Most of the time they

don't come back," he said.

The missing athletes include five boxers, a swimmer and a soccer player, all of whom had completed their events.

Cameroon, a predominantly French-speaking nation of 20 million in west central Africa, has an estimated 2011 economic output of just \$1,230 per person, according to the International Monetary Fund.

Tataw said the five boxers also had other European visas because they had trained in Italy before the Games.

That would make it easier for them to travel legally to other European countries, including France, which has a large Cameroonian community.

THE ASSOCIATED PRESS



In the grip of the law ...

As a bus erupts in flames in the background, a young woman is taken away by riot police during a fiery protest by students demanding free education in Santiago, Chile, on Wednesday. Police used water cannon and tear gas to break up the protest. Three buses were set ablaze.

LUIS HIDALGO/THE ASSOCIATED PRESS



A protester is chased by a police officer who uses his bike to try and stop him during an anti-government protest in Montreal on Wednesday. PETER MCCABE/THE CANADIAN PRESS

Riot police halt student protest

Price hikes. Ongoing unrest assumed to be encouraging voters to re-elect Premier Charest out of spite

Quoted

"It's time to bring everyone back to their responsibilities and duties as citizens."

Quebec Premier Jean Charest

A Montreal student protest designed to send an anti-government message in the midst of a Quebec election campaign was broken up by riot police Wednesday.

The protesters had been blocking the entrance to the Hydro-Quebec power-utility building. After several objects were tossed at police officers, the crowd was forced to disperse.

The protesters voiced their opposition not only to the Charest government's tuition hikes but also to its increase in electricity rates. They belonged to the more militant Quebec student federation,

the CLASSE.

The riot squad moved in and chased the 200-odd demonstrators down a busy downtown boulevard. Some people dressed in black and wearing masks tried to get into building by the back, but they were dispersed again.

The events unfolded at a politically unpredictable juncture: during an election campaign and in a week where students are holding votes on whether to extend their strikes.

It's unclear whether the students will choose to head

back to class — and how that decision might affect the election campaign.

It has been accepted as conventional wisdom in Quebec that continued unrest might encourage voters to re-elect the Charest Liberals out of spite.

But the premier has downplayed such talk. He said Wednesday that more unrest is the "last thing" he wants, as a political leader and as a father.

But Charest says he expects students to respect the law, and for teachers to teach. His controversial Bill 78 imposes stiff fines on anyone who blocks a school, as protesters did in some cases last spring.

"The law says what? It says a Quebec student has a right to an education and the right to enter his classroom. Is that too much to ask? ... I don't think so," Charest told a campaign news conference.

THE CANADIAN PRESS

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Study says. Stressed men find plumper women hot

Many men might say they're most attracted to women who are svelte, icons of that so-called feminine ideal portrayed in magazines and other media.

But never fear, you ladies of more Rubenesque proportions: It seems a man's body-size preference can be somewhat fluid — and one of the factors that appears to affect it is stress.

British researchers have found that men faced with a stressful situation tend to change their assessment of what constitutes an attractive female, moving away from slender to a range of plumper women.

For Olympics devotees, think heftier weight lifters or hammer throwers rather

Testing the effects of stress

- Forty-one men were subjected to a number of stress-inducing tasks, including a mock job interview
- Both groups were then shown photographs of female body types ranging from emaciated through obese, with faces removed.
- The stressed group gave significantly higher attractiveness ratings to normal weight and overweight figures than did the non-stressed group

than lean and lithe gymnasts or sprinters.

THE CANADIAN PRESS

Under construction

One World Trade Center fire a false alarm: Reports

Authorities say a fire on the 88th floor of One World Trade Center in New York is likely a false alarm. The tower is the main part of

the construction at the site of the 9-11 attacks. The building is now the tallest in New York.

A spokesman for the Port Authority of New York and New Jersey, which owns the site, says the fire report was called in by a member of the public Wednesday and is believed to be a false alarm. THE ASSOCIATED PRESS

Fairmont Winnipeg is holding down the fort

No girls allowed.

A grown man asks hotel staff to build him a fort ... and the rest is online viral history



ELISHA DACEY
elisha.dacey@metronews.ca

Going along with a guest's cheeky sense of humour just might have netted a Winnipeg hotel a giant PR boost.

As of 11:30 a.m. local time on Wednesday, more than 160,000 people had viewed a series of photos uploaded by a guest at the Fairmont Hotel in Winnipeg only 14 hours earlier. The guest, identified on photo-sharing site Imgur as InGord-WeTrust, said that when he booked the room he asked for a pre-made pillow fort and two vanilla cokes under the "special requirements" section.

Staff at the hotel provided him with instructions on how to build a fort, several extra pillows and blankets, a basket of free goodies and a coupon good



Gordon Relph in his pillow fort at the Fairmont Hotel in Winnipeg. Relph wouldn't let Metro's female photographer inside, citing the "No girls allowed" rule. BERNICE PONTANILLA/METRO

for two of the requested drinks, made from scratch by the hotel staff.

The man, Gordon Relph, documented the gesture by uploading several pictures, including two pictures of himself with a smile on his face and photos of the fort he constructed.

It quickly spread.

"We've got a remarkable team here at the hotel," said

Jacques Laverne, spokesperson for the Fairmont Winnipeg.

"Oddly enough, this isn't a one-off. We deal with an interesting mix of clientele here and we get some pretty off-the-wall requests. It's part of the culture here at the hotel."

Relph, 26, said he was taken aback by the attention.

"Obviously I never thought

it would take off like this," said Relph from an office in Winnipeg, where he's in town on business until Friday.

The Kelowna-born Calgarian said he'd never before made this kind of request from a hotel and that he was surprised when staff complied. "I thought, well, let's just do it."

He said he used the fort and even slept on the floor all night.



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Proved right after a decade: Agencies tapped phone calls

Affidavit filed. Suspect's long doubted ex-lawyer now vindicated by CSIS's and CBSA's recent admissions that agents tapped conversations

A lawyer who represented two men branded as threats to national security said Wednesday he was stunned to discover confirmation of his long-held suspicions that government agents had listened in on his phone calls with his clients.

Federal lawyers had heaped scorn on him when he first raised the issue a decade ago, Rocco Galati said, and it was only recently he learned he'd been right all along.

From March 1999 to the end of 2003, the Toronto



Lawyer Rocco Galati outside Federal Court in Toronto on Wednesday.
COLIN PERKEL/THE CANADIAN PRESS

lawyer acted for two Egyptians slapped separately with national-security certificates: Mohamed Mahjoub and Mahmoud Jaballah.

The government deemed the men terrorist threats, with much of its case based

on secret evidence they were not allowed to see.

A dozen years later, both men — in prison or under house arrest despite facing no charges in Canada — are still fighting to have their certificates quashed.

In 2008, Canada's spy agency admitted listening in on Mahjoub's calls with his lawyers, but only as a way to monitor his bail conditions, one of which included his consent to having his phone tapped.

A judge quickly ordered an end to the practice.

Mahjoub's current lawyers have since gained access to information that shows the Canadian Security Intelligence Service and the Canada Border Services Agency had been intercepting communications between him and his lawyers, including Galati, from the get-go.

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Publicity stunt. Vegas billboard with dummy on noose startles drivers

Even by Las Vegas standards, it was a shocking billboard: a mannequin dangling on a hangman's noose below a black sign with the ominous words "Dying for Work."

Nevada Highway Patrol Trooper Jeremie Elliott says the emergency service calls started coming in as the sun came up early Wednesday, with drivers worried the stiff, black-suited dummy swaying at the end of a rope was a real person.

"It's a publicity stunt, obviously done in bad taste," said Elliott, adding that officials were focused on getting it down quickly to avoid distracting drivers during the morning commute.

The graphic display along the interstate was one of at least two unauthorized signs spotted Wednesday morning in the Las Vegas area. Another



This image provided by KVVU-TV shows a billboard with a mannequin dangling from a hangman's noose near the Strip in Las Vegas.

PETER DAWSON/KVVU/THE ASSOCIATED PRESS

was white with black lettering that read, "Hope You're Happy Wall St.," and a similar mannequin hanging off the edge.

While nobody has publicly claimed responsibility for the signs, the Occupy Las Vegas group posted photos of the displays on its website.

THE ASSOCIATED PRESS

Sikh temple massacre

Gunman shot himself: FBI

The gunman who killed six people at a Sikh temple in the U.S. died of a self-inflicted gunshot wound to the head after he was shot by police, the FBI announced Wednesday.

Authorities previously said an officer had fired the shot that killed gunman Wade Michael Page.

The FBI says investigators have not yet "clearly defined a motive" for Sunday's shooting at the Sikh Temple of Wisconsin.

THE ASSOCIATED PRESS

Probe called for

Troops trained by mercenary army

Canadian troops and police were trained for two years by the international security contractor formerly known as Blackwater, court records show. The partnership was revealed as part of a \$7.5-million settlement of criminal charges against the company that's now known as Academi LLC.

The Harper government has had a standing, untendered contract with company, referred to as the world's largest mercenary army, since 2008.

THE CANADIAN PRESS

Social media and anti-social misfits

Controversial.

Psychologist believes someone's absence from sites such as Facebook could be a red flag

Quoted

"Not having a Facebook account could be the first sign that you are a mass murderer."

How tech news site Slashdot summed up Der Tagesspiegel's story

If you're a Facebook holdout, or have chosen to abandon the social-media hangout for any number of reasons, be prepared to be labelled a misfit — or worse.

The net has been abuzz this week about a story attributed to the German newsmagazine Der Tagesspiegel in which a psychologist concluded that the slim social-media presences of two accused killers, Norwegian Anders Breivik and Colorado-theatre-massacre suspect James Holmes, were suspicious.

With a global population of seven billion and about 955 million registered Facebook users — technological and economic barriers notwithstanding — that's a scary proposition.

However, an immediate concern may be the weight placed on the social network by employers.

While the Maryland Department of Public Safety and Correctional Services have backed off earlier demands for the Facebook passwords of workers to check their profiles for troubling behaviour, it's still seen as a tool to vet potential employees.

"Anecdotal, I've heard both job seekers and employers wonder aloud about what it means if a job candidate doesn't have a Facebook account. Does it mean they deactivated it because it was full of red flags? Are they hiding something?" asked a Forbes.com writer.

And the dating game tells a similar story.

Slate advice columnist Emily Yoffe told one woman: "I'm fine with people not having a Facebook page if they don't want one. However.... If you're of a certain age and you meet someone who you are about to go to bed with, and that person doesn't have a Facebook page, you may be getting a false name. It could be some kind of red flag."

For the digital generation, that kind of sentiment is understandable, said Queen's University media professor Sidneyyeve Matrix.

"Facebook really is the way that you vet folks that you like, you cross paths and socialize with," she said. "There's a lot of common-sense wisdom there, because we do want to vet people."

TORSTAR NEWS SERVICE



James Holmes's and Anders Breivik's slim social-media presence was deemed suspicious by a psychologist. TOP: AFP/POOL/RJ SANGOSTIRJ SANGOSTI/AFP/GETTYIMAGES; BOTTOM: LISE ASERUD/AFP/GETTY IMAGES

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Wanted: Single white drug mule

Trafficking 2.0.

That sweet-talking cybermate on the online-dating site could be the front for a drug cartel in search of unwitting smugglers



**LILLO MONTALTO
MONELLA**
Metro World News in Buenos Aires

One day, Sharon's and Catherine's online daters, named "Frank" and "Marc," asked them to finally meet in person, but not before one last favour: Travelling to Argentina to pick up some sensitive documents.

The women eventually agreed, thinking their dream had finally come true. But the documents, hidden without their knowledge in a secret compartment of their luggage, turned out to be cocaine.

That's how Sharon Mae Armstrong, 55, a former high-ranking civil servant in New

Protect yourself

- Websites such as Romancescam.com are dedicated to raising awareness of online fraud and helping people detect scammers before it's too late.

Zealand, and Catherine Blackhawk, 49, an American nurse, suddenly became the last link in a drug-trafficking chain. Astonished, they ended up behind bars last year in the same federal prison outside Buenos Aires.

Their cases show that dating deceptions — which rose by 150 per cent last year alone, fraud-protection agency Iovation reveals — are moving beyond the simple "take the money and run" into the domain of highly organized criminal cartels.

"People like Sharon are thrown into the fray with luggage where the cocaine is easily detectable," says Claudio Izaguirre, president of the Argentine Anti-Drugs Association. "She is just a decoy, a scapegoat. The real mules are behind her,

managing to get through while the attention falls on her."

In January, a third person fell into the same cybertrap and was caught at Buenos Aires airport: Paul Howard Frampton, 69, a distinguished professor of physics and astronomy at the University of North Carolina at Chapel Hill.

Frampton has said he was lured to meet a woman he thought he had been chatting with on the Internet, Czech-born lingerie model Denise Milani. He was given luggage to carry by someone claiming to be Milani's intermediary. The case contained two kilograms of cocaine.

Julietta Lacroze, Armstrong's lawyer in Buenos Aires, says it's hard to find exact figures for the pervasiveness of dating scams. Victims tend to feel embarrassed or humiliated, so most frauds go unreported.

"It is easy for criminal organizations. They just have to sit down and chat," Lacroze said. "Three months of work via the Internet, and that's it. For five kilograms of cocaine, that's a fairly good return."



Both women and men who use online dating sites need to be alert to drug trafficking and other scams. THINKSTOCK

Case study

Sharon Mae Armstrong, arrested on April 13, 2011, faced 16 years in jail but in the end was sentenced to four years, 10 months. Waiting for an appeal, she tells Metro how she got tricked.

"A cousin of mine created an account for me on a dating website. It had been 20 years since I had been in a relationship, and I was not really interested. On the very last three or four days before the trial subscription's expiration, I was approached by this guy who said he was living in the same city where I'd just moved looking for a new job. I was in a very vulnerable position. He kept saying we were going to get married. He was a very good talker. I should have known."



**SHARON MAE
ARMSTRONG**
Former deputy chief
executive, Maori Language
Commission of New Zealand

Q&A

'I lost a lot of work due to what happened'

Argentine model Daiana Antivero, 19, was arrested last year on drug-smuggling charges. She was later released, but the incident earned her the nickname "Narco Model."

You were accused of organ-

izing logistics for a gang of traffickers trying to smuggle cocaine in Holland. What happened?

It all started from a favour I did for my ex-boyfriend. He asked me to make a phone call to book a hotel for a guy I hadn't even met before. It was a supposed drug mule, but I did not know it.

Now your ex-boyfriend is in jail. Do you suspect him of using you and being a part of a cartel?

I don't think he did. A traf-

ficker usually has a lot of money. He used to get around the city with public transport — a narco doesn't travel this way.

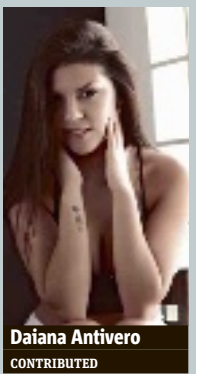
How do you feel about being called Narco Model? Did it help your career?

Not at all. I lost a lot of work due to what happened.

What do you think of Sharon Armstrong's case?

They always take advantage of weak or naive people. My experience helped me a lot.

Now I think at least five times before doing a favour for someone. I did it without realizing, and the day after, I was in jail. **LILLO MONTALTO**
MONELLA/METRO WORLD NEWS



Daiana Antivero
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New York-Israel

Fare mistake creates ticket run

A three-hour mistake that drastically lowered round-trip airfare between New York and Israel on El Al Airlines created a run on tickets.

At least 5,000 tickets were purchased Monday after El Al posted fares for less than \$400, down from an average of \$1,600.

THE ASSOCIATED PRESS

Major airports

Canada's language watchdog going undercover

Canada's bilingualism watchdog is going undercover at eight major airports to see if travellers are served equally well in English and French. Official Languages Commissioner Graham Fraser says his office will conduct more than 1,500 anonymous observations this fall. THE CANADIAN PRESS

Real estate. Canadian home prices expected to drop slower than in U.S., Europe

Canadian home prices are likely to decline 10 per cent over the next two to three years, before facing a period of "prolonged" softness in both prices and sales, says a new report from Scotia Economics.

"The correction will be concentrated in the Toronto and Vancouver markets, where supply risks and affordability pressures have the potential to trigger larger price adjustments," says the report by Scotia bank's Global Economic Research Group.

Pent-up demand for housing has been "effectively exhausted" by the decade-long housing boom, which has seen home ownership reach record levels, the report notes.

That and tighter lending

rules that have made affordability more of a challenge, high household debt and the inevitable increase in historically low interest rates are all adding to the "downside risks" of housing activity going forward, Scotia economists say.

But "Canada's housing market is expected to avoid the sharp downturn witnessed in the United States and Europe," it says, noting that "Canadian household balance sheets remain in reasonably good shape."

Downturns after major housing booms in the 1970s and 1980s — defined as periods of flat or negative real price growth — lasted 8 and 9 years, respectively, it says.

TORSTAR NEWS SERVICE

Court orders Tories to find new arbitrator

Labour dispute. Canada Post's biggest union learned via Facebook of Guy Dufort's ties to Conservative party

a Conservative candidate in Quebec casts doubt on his impartiality.

"The court concludes that a reasonable and sensible person might worry that the arbitrator is biased because of these two reasons," says a summary of the decision.

The union says Dufort's Facebook page contained links to Conservative groups, and he was "friends" on the social-networking site with both Labour Minister Lisa Raitt and Tory MP Steven Fletcher, the junior minister responsible for Canada Post. THE CANADIAN PRESS


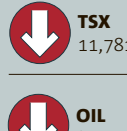
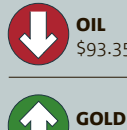

The Federal Court has ordered the Harper government to find a new arbitrator in a lingering dispute between Canada Post and its biggest union.

In a decision released Wednesday, the court said arbitrator Guy Dufort's previous work for Canada Post and history as



Canada Post vehicles sit outside a sorting depot in the Ville St-Laurent borough of Montreal in 2011. GRAHAM HUGHES/THE CANADIAN PRESS

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SIGNALLING AN END TO CYCLISTS' CAMARADERIE



**HE
SAYS...**
John Mazerolle
metronews.ca/voices/
he-says

I am a rogue of sorts. A self-loather, perhaps. A traitor to my own people.

I ride a bicycle, and I hate cyclists.

It's a moral quandary, to be sure. Since there's apparently a war between bikes and cars, I am a king without a country. I kickstand alone.

It's tough, but I have little choice in the matter. Experience has taught me that many cyclists do not know the rules of the road. In fact, I'm not confident that most cyclists know there *are* rules of the road.

This makes every bike ride I take an emotional roller-coaster.

At first, I'm happy. This stage lasts a good 15 seconds.

But then I start to tense up like a child with divorcing parents, because I know there's going to be yelling.

And, sure enough, sometime within the next few minutes I'm barking at someone, usually a "fellow" cyclist. Despite my shrieks, it never seems to get any better. I guess I'm not yelling properly.

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity. Can you imagine if a car moved into a bike lane and honked at a cyclist to move? The Car vs. Bike War would go to DEFCON 1.

As history and J.J. Abrams have taught us, it's human instinct to hate The Others because you don't know their perspective and therefore assume the worst. But to me it makes more sense to hate The Sames because I'm well aware of their perspective and don't understand why they aren't as good as me.

I'm not a great cyclist by any means, but it isn't exactly a high bar to jump over. No BMX skills required.

And when confronted with their lack of skills or knowledge, most cyclists give one of two infuriating answers.

1. "The chances of me hurting anybody by breaking the rules are much less than if a car did it." This is equivalent to saying, "Yeah, I punch stuff randomly, but imagine if I had a baseball bat. That'd be crazy."

2. "Motorists wouldn't know what to do if I signalled properly and followed the rules anyway." At which point I have to get my helmet replaced because I've slammed my head repeatedly against a table.

It hurts me to say it, but I hate you, bad cyclists. I don't know where we took a wrong turn, but I'm sure you didn't signal it.

So our friendship must now come to a full stop. Then again, I guess you don't know what that is.



I know following the rules of the road is tough, but someone has to do it.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Clarification

When we referred to male nurses as *nurses* in a feature that ran in Metro last week, we certainly meant no disrespect.

All nurses, regardless of gender, contribute enormously to our health-care system.

Record heat tough to shake off



THE IDAHO STATESMAN/DARIN OSWALD/THE ASSOCIATED PRESS

Hot hot heat

U.S. saw warmest July in more than 100 years

Teagan Rogers, 10, enjoys a splash of cool water at Borah Pool Tuesday in Boise, Idaho.

This probably comes as no surprise: U.S. scientists say July was the hottest month ever recorded in the Lower 48 states, breaking a record set during the Dust Bowl of the 1930s. **THE ASSOCIATED PRESS**

Global warming

"This would not have happened in the absence of human-caused climate change."

Michael Mann
Pennsylvania State University climate scientist

Dust Bowl record broken

- In the past, skeptics of global warming have pointed to the Dust Bowl to argue that recent heat isn't unprecedented.
- But climate scientist Jake Crouch, of the National Oceanic and Atmospheric Administration, said this shows that the current year "is out and beyond those Dust Bowl years. We're rivalling and beating them consistently from month to month."

Average temperature

25 C

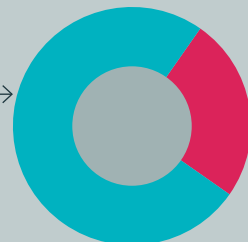
The average temperature last month was 25 C. That breaks the old record from July 1936, according to the National Oceanic and Atmospheric Administration. Records go back to 1895.



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EVERY
MONTH



25%
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BANKING ON
CPP

Twitter

@JohnFrancis:

I have no idea how to read a wrestling scorecard. I thought the winner was the one armed with a folding chair.

@JDOGKURUPT:

I am not a wrestling expert by any means but I thought you were supposed to fight back or at least do something? Anything? Martine Dugrenier

@RachelDecoste:

Cdn wrestler Carol Huynh, daughter of immigrant-refugees is bronze medallist at #London2012 ! #olympics #cdnIMM #TeamCanada #diversity

@AnthonyQLam:

Congratulations to Canadian Carol Huynh for bringing home the 14th medal. Fellow Vietnamese! #Olympics

Local filmmaking scene alive, thriving and rolling



Local filmmaker and founder of Treepot Media, Jith Paul. CONTRIBUTED

Treepot Media.

Filmmaker says rise of digital technology a big factor in booming indie scene



**BACKSTAGE
PASS**
Jen Traplin
ottawa@metronews.ca

We may not see a ton of big-budget movies shooting here in Ottawa, but local filmmaker and founder of production company Treepot Media, Jith Paul, says that hasn't stopped the independent scene from thriving.

"The indie film industry in Ottawa is kind of booming at the moment and I think a lot of that has to do with digital SLR cameras being more affordable for indie filmmakers," Paul said.

And it's not just local filmmakers who are embracing new technology — a lot of theatres now have digital projectors, making movie screenings more affordable and accessible.

"In the past, you would have to pay for a 35mm print and that was expensive, especially for someone just starting out," Paul said. "You can show something on a TV at home to your family and friends but there is something different about actually going to a real theatre and seeing your stuff

Quoted

"In Ottawa, it's very rare that you have to pay for a location."

Filmmaker Jith Paul, on the perks of working in the nation's capital.

up on a real screen."

The City of Ottawa is also helping, he said.

"The city has set up a film office that helps with permits and things like that so you can actually get insurance and shoot on NCC property or something like that, with enough given notice, and it's free."

Even though the film industries in Toronto, Montreal

or Vancouver may seem more appealing for Canadian filmmakers, Paul said there are perks to staying here in the capital.

"In Ottawa, it's very rare that you have to pay for a location. The city will even let you close down a street for free. We're kind of spoiled to have that because, if you try to shoot like that in Toronto or Montreal, that would never happen," he says.

For those just starting out, there are plenty of local resources for filmmakers hoping to get a bit of a kick start. Paul recommends starting with SAW Video, an artist-run centre committed to supporting independent video and media arts.

Details

- Jith Paul and Treepot Media will be showing various independent film projects on an outdoor screen at Dundonald Park (512 Somerset St. W.) at 9 p.m. on Friday. Admission is free. For more info, go to treepotmedia.com.

"They have a lot of really good gear and workshops and membership, especially for a student, is really cheap. They also have a theatre where you can show your stuff," says Paul. "It's a cool way to get plugged in."

On the web



**Madonna dons ski mask
in Moscow to show
support for jailed punk
band Pussy Riot**

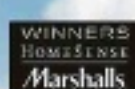


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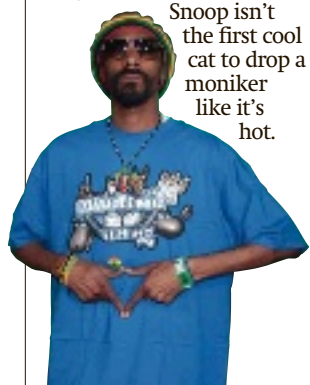


Personal brand-standing

MIKE
DOJC
scene@metronews.ca

When Philip Morris wanted to shed their sullied rep, they rechristened themselves Altria. To mark his rebirth as a reggae artist, Calvin "Snoop Dogg" Broadus has recast his animal spirit by adopting the handle Snoop Lion. The documentary Reincarnated premiering at the Toronto International Film Festival in September will tell the tale. While swapping a bark for a roar may be a major transformation,

Snoop isn't the first cool cat to drop a moniker like it's hot.



Sean 'Diddy' Combs

In 2001, a few weeks after being cleared of gun possession and bribery charges that could have put him away for up to 15 years, Sean Combs decided an alias update would be a great way to start the next chapter in his life. "I'm not doing it as serious as Prince. I just want something fresh," he told MTV, explaining his rationale for taking up the new mantle of P. Diddy. A serial name changer, the hip-hop mogul has gone by Puff, Puffy, P. Diddy, Diddy and King Combs at various times. In May 2011 Combs decided to have fans call him Swag for one week.



Prince

On the occasion of the pint-sized wonder's 35th birthday, Minnesota's most funky denizen rechristened himself as an unpronounceable love symbol, a fusion of the glyphs for male and female. With no words to call him by, the star became known as The Artist Formerly Known As Prince. During his symbol phase Prince recorded some of his most eclectic and experimental material. In 2000 he reverted to his given name. "My publishing contract with Warner-Chappell expired, thus emancipating the name I was given before birth — Prince — from all long-term restrictive documents."



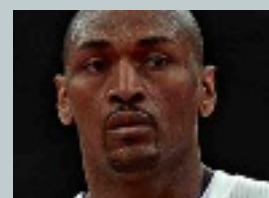
Garth Brooks

In 1999 the country music giant with more than 100 million albums sold threw fans for a loop and decided to reinvent himself as a rock star. Enter alter-ego Chris Gaines, a bewigged, sour-looking Australian with a soul patch. In the faux-tragic riddled back story, Gaines, the guitarist in the group Crush, goes solo after the band's lead singer perishes in a plane crash. His subsequent album sells like hotcakes and he wins a Grammy. Billed as the fictional character's greatest hits collection, In the Life of Chris Gaines was a flop and Brooks deep-sixed the character.



Lisa Bonet

The actress remains best known for her '80s heyday when she played Denise Huxtable on the Cosby Show, blazed bohemian fashion trends and was Lenny Kravitz's muse. But in 1992 Bonet went to court to have her name legally changed to Lilakoi Moon. The official explanation for sprucing up her ID was to protect her privacy. Professionally she continued to use her given name in films like Enemy of the State and High Fidelity. Bonet's original taste for names was headline news once again in 2009 with the announcement of the arrival of her son Nakoa-Wolf Manakauapo Namakaeha Momoa.



Ron Artest

Last year the Lakers forward, an imposing defensive dynamo whose skills can put a serious damper on an opponent's shooting percentage, became Metta World Peace. The irony of an athlete once slapped with an 87-game suspension for taking a brawl into the stands having World Peace stamped on the back of his jersey was not lost on commentators. This past April, after a Metta elbow gave Oklahoma Thunder guard James Harden a concussion, non-sports fans must have raised an eyebrow at the ensuing "World Peace Suspended" headlines.

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YouTube shows shift the punchlines

Online trends.

Comedians Poehler, Wilson and Latham work to stretch the limits of comedy

On the debut episode of *Smart Girls at the Party*, Amy Poehler sits in a dark studio and solemnly introduces her first guest as a “singer, actor,

dancer, musician, feminist, entrepreneur and skateboarder.”

Sitting across from Poehler is a seven-year-old named Ruby, who cheerfully displays a just-completed drawing.

Charlie Rose, eat your heart out. This summer, while much of the TV world is in reruns, a number of comedians have taken to YouTube, including Poehler, Rainn Wilson, Walter Latham

and, in a new role, Shaquille O’Neal. *Smart Girls at the Party* is the flagship show for Poehler’s YouTube channel of the same name, part of an ambitious initiative from Google’s video-sharing site to plant a crop of niche-oriented channels from show business veterans. The rollout has continued through the year, gradually premiering more than half of the nearly 100 channels that YouTube



Smart Girls at the Party shows Meredith Walker, left, Amy Poehler and director David Karabinas on the set. *Smart Girls at the Party* is one of the latest channels to launch on YouTube. HANDOUT/THE ASSOCIATED PRESS

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has poured \$100 million into, while pledging to spend another \$200 million on marketing.

Comedy is only one of the many genres among the new channels (they range from the gaming hotbed Machinima to *The Wall Street Journal*), but it’s perhaps the most viral-ready: Production value isn’t needed to send a funny clip sailing through social media. *Smart Girls at the Party*, which has some 7,500 subscribers thus far and has generated more than 400,000 views, is geared toward ado-

lescent girls and young teens with the stated aim to “celebrate individuals who are changing the world by being themselves.”

“We wanted to celebrate the non-celebrity,” says Poehler. “We wanted to embrace and highlight the cool period in any boy or girl’s life where they’re just so full of possibility, ideas and passion.”

The channel includes shows like *Ask Amy*, a weekly check-in where Poehler answers questions from viewers. In one episode, Poehler,

who’s currently shooting a film directed by David Wain ahead of the next season of NBC’s *Parks and Recreation*, waxes about managing stress while sitting in a bathtub.

In *Meow Meow Music*, Poehler’s friend Amy Miles hosts a mini version of a *Pee-wee-Herman*-style variety show. Every episode of *Smart Girls* ends with a dance party.

“YouTube and Google and the Internet in general is filled with so much — I don’t know — garbage humiliation stuff,” says Poehler.

THE ASSOCIATED PRESS

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'Miserable' Deadmau5 feels a need to chill



After a year of continuous work, both in-studio and live, Deadmau5 is feeling the toll, and is taking some time for himself. JASON MERRITT/GETTY IMAGES

Time out. Acclaimed Canadian DJ says he's feeling pressure after rapid elevation to stardom, but will still tour, write new music

Rapidly rising Canadian electronic music producer Deadmau5 says he's going to "slam on the brakes" for a while,

writing in a blog post that he's "pretty miserable right now."

The Niagara Falls, Ont., native — whose real name is Joel Zimmerman — has been all over the news this year, performing at the Grammy and Juno Awards, appearing on the cover of Rolling Stone and headlining the inaugural Veld Music Festival at Downsview Park in Toronto this past weekend.

But the busy year may

have finally taken its toll, with the 31-year-old writing that he needs to "unplug for a wee bit" and "force (himself) to endure some quiet time."

However, Zimmerman also added that he wasn't planning on cancelling any upcoming shows and will continue to write new music.

He even says that he'll release something new in the near future, teasing fans to look out for "something crazy real soon like."

But Zimmerman, who recently ranked sixth on Forbes' list of the world's highest-paid DJs with earnings of \$11.5 million, still said he needed to slow down.

"I got a lot of work to do on some stuff," he wrote. "So, best I just chill ... out a bit and just get it done, and get it done RIGHT, until I'm 100 per cent satisfied with it. Then our regularly scheduled program shall continue."

THE CANADIAN PRESS

Country power couple. McGraw-Hill take their act, kids to Las Vegas

Country music power couple Tim McGraw and Faith Hill are heading to Las Vegas.

They will be performing a 10-weekend run of shows at The Venetian starting Dec. 7. The couple announced the news Tuesday during a press conference at the hotel.

Hill said they were thrilled about the opportunity to be creative in a way they've never experienced together before.

"Being in this intimate environment, it will be 'us,'" added McGraw. "I'm very excited."

The show is called Soul2Soul, named after their hugely successful co-headlining tours in 2000 and 2006. According to Pollstar, their 2006-2007 Soul2Soul II run remains the highest-grossing North American tour in country music history.

The Las Vegas shows will mark the first time in six years that McGraw and Hill have performed a full concert together in the United States. McGraw said they are in the process of building the show and he promised that the production will be cutting edge.

Headliners

Before Hill and McGraw take over the main stage, the Venetian is featuring the following acts:

- Joan Rivers. Sept. 6-8, Nov. 8-10
- Craig Ferguson. Sept. 13-15
- David Spade. Sept. 21-22, Oct. 5-6
- Tim Allen. Sept. 28-29, Nov. 3

They may be superstars, but McGraw and Hill are also full-time parents of three daughters. During the show's run, the family will live in The Venetian. Hill said the hotel worked around their children's school schedules to make this happen.

McGraw said his daughters (15, 14 and 11) are excited to see the shows in Las Vegas, joking that "they probably won't see ours, though."

THE ASSOCIATED PRESS

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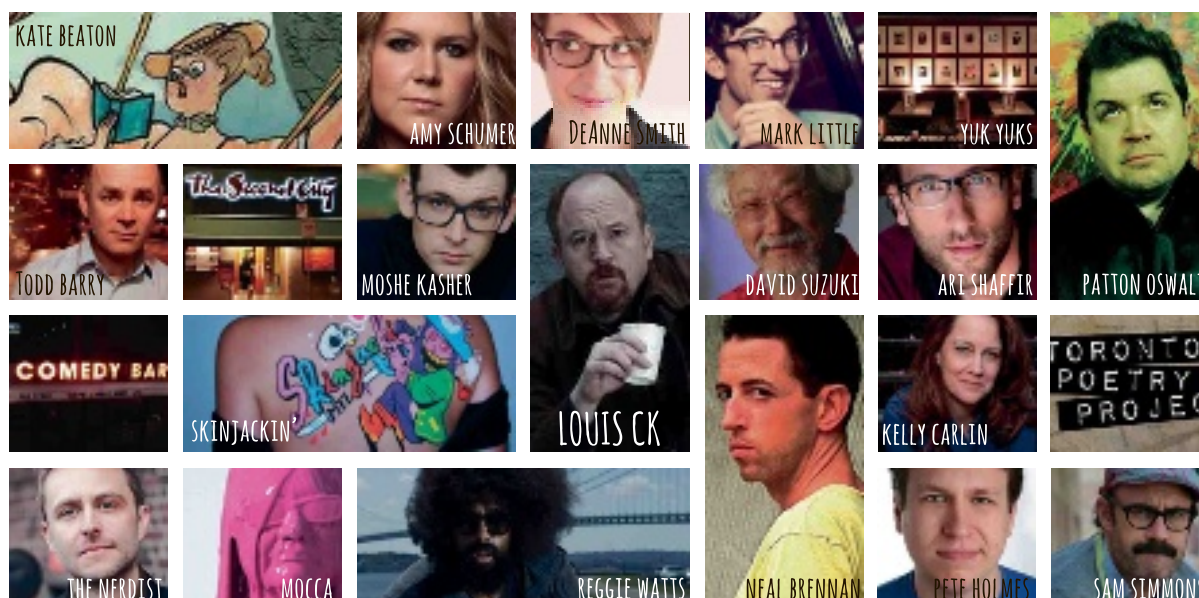
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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

Baby No. 4 for Hollywood power couple? Not if Garner can help it

Jennifer Garner and Ben Affleck recently welcomed their third child, son Samuel, and there's apparently some disagreement in their house about whether or not their family is complete. "The fact that Ben wants another is true," Garner tells Extra. "I can tell you that would be a

pretty uphill battle with me. I am not anticipating having any more kids." That makes sense, considering Garner's admission of how hectic baby No. 3 has made things. "It's absolute chaos," she says. "I really did not realize how much more work three was going to be than two."



Rupert Sanders. GETTY IMAGES

Pulling a Pattinson? Sanders' wife spotted without wedding ring

Rupert Sanders has some serious regrets about his admitted affair with his Snow White and the Huntsman star, Kristen Stewart — especially since his wife, Liberty Ross, has been spotted out and about in Los Angeles with their two children but without her wedding ring.

"Rupert is will-

ing to do absolutely anything and everything he can to save his marriage. He realizes this is the worst mistake of his life, and he cannot believe he was so stupid," a source tells Radar Online. "The thought of losing his wife and children, who he loves more than anything in the world, is killing him."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



JLo: Oh, hell no!

THE WORD
Monica Weymouth
scene@metronews.ca

Hakob Manoukian, Jennifer Lopez's driver, recently filed a lawsuit against the singer, claiming that he was forced to resign after being publicly embarrassed by her manager.

But now, JLo has answered with a \$20 million-plus extortion countersuit, claiming Manoukian demanded money to keep her secrets from the press, reports TMZ.

We can't help but wonder: How much do you pay

your driver if you sue him for \$20 million? And does writing a gossip column disqualify you for the job?

Pattinson speaks!

Robert Pattinson has been lying low ever since girlfriend Kristen Stewart's very public affair with director Rupert Sanders.

That said, he has a movie to promote, so next week he'll make his first appearance on the only show too classy to provide material for this column.

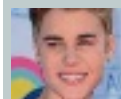
Catch Pattinson Monday on The Daily Show with Jon Stewart, where he'll talk about his latest film, Cosmopolis, before getting harassed on Wednesday's Good Morning America.

Twitter



@GarryShandling

I'm sure this is a little stupid, but have u noticed how amazing it is that you can't see the horses under the water in water polo?



@justinbieber

bball with the fellas today



@MissKellyO

My new favorite thing on earth is giving people the double thumbs up! They have no idea what to do & sometimes you get a nerves half thumbs up



@SandraBernhard

imagine if dogs could start speaking how much noise there would be on the street.

Elton John trash-talks Madonna, but she isn't having any of it

Madonna has heard Elton John's expletive-filled criticism of her and her latest tour, and she isn't taking it lying down. "Ultimately, she doesn't care what he has to say about her in public or private. She has nothing to prove to anyone,

especially Elton John," a source tells the Huffington Post. "To say her tour is a disaster is just silly. She is selling out arenas. (She's) singing new material and a few classic hits. (John) will be singing the same old songs until he dies."



Anne Hathaway as Catwoman. SUBMITTED

So what did Obama like best about the new Batman movie?

Barack Obama has seen the latest Batman movie, the Dark Knight Rises, and he knows which part he liked best: Anne Hathaway's Catwoman. "She's spectacular," Obama told reporters, according to Hollyscoop. "She was the best thing in it. That's just my personal opinion."

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Handling hot summer hair

Get the look. With temperatures soaring, it's the perfect time to sweep the mop off our sticky necks and up into a dreamy design

TINA CHADHA
Metro World News in New York

We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-by-step tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

Tool of choice

- "Spray a dry shampoo — especially if you have fine hair — to your roots and mid length to add texture to your locks and for some more grip," says Balding.
- She likes Redken Powder Refresh (\$8, redken.com).



Behold the finished product! METRO WORLD NEWS



1. Divide your hair into three sections: the front, the crown and the back. The finer the hair the thicker the sections need to be.



2. French braid the crown, braiding towards the right ear, and tie with a rubber band.



3. Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.



4. Once your front braid has reached the right side, connect it with the crown braid.



5. Braid them into the remaining hair. Make sure to braid right down to the very tip.

6. Wrap the braid going from the left to right around your crown and pin.

7. Use three pins on each side and one in the center to secure your braid.

8. As you go through, pull some pieces out at the root to make your braids chunkier.

Two for the road

Don't forget to pack these items for your August vacation

Malin + Goetz bug spray, \$20

\$20
malinandgoetz.com



Benefit Cosmetics Benetint Lip Balm SPF 15

\$20, benefitcosmetics.com

On the Web



Artist Yayoi Kusama sees the world in dots, collaborates with Louis Vuitton



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Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: Showtime approaches! In Montreal for Sensation Mode + @EDITbyJeanneB show on the street at 6pm. Fashion gods with us: I'll ne pleut pas!



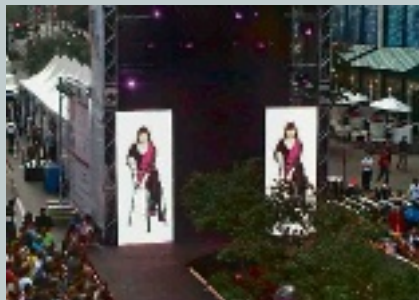
@Jeanne_Beker: Doing the step + repeat thing @ sensation_mode #fmdm12 Ready to rock the runway with @EDITbyJeanneB



@Jeanne_Beker: @EDITbyJeanneB backstage, ready to go!!!



@Jeanne_Beker: What a thrill! @EDITbyJeanneB hits the runway on Rue McGill College @Sensation_Mode



@Jeanne_Beker: Yikes! Quelle Backdrop!!! @Sensation_Mode #FMDM12

The Kit

Canadian street style

Spotted in: Vancouver

Tomica

Development manager and blogger

Age: 33

What she's wearing:

Topshop sunglasses, Urban Outfitters necklace and blazer, Anthropology dress, shoes from her sister, Massimo Dutti bag, vintage belt.

Her inspiration:

"It's the easiest thing to wear in this kind of weather. It keeps me cool yet it's still professional enough for my meetings — then a night out."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON

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Boston THE ASSOCIATED PRESS/CITY PRINTS/LLCV

Latest decor trend finds the 'art' in cartography



Gotham City THE ASSOCIATED PRESS/CITY PRINTS/LLCV

Wall art. In a GPS world, physical maps are becoming quaint relics for travellers — but decor with a map theme is hot

There's art in cartography: Street grids, the curve of a shoreline and topographic details lend themselves to wall art, rugs and textiles. Besides

being great visuals, maps often chart our personal experiences, and that sentimental punch adds to their appeal.

Tony and Katie Rodono of Atlanta started their City Prints map art store after their daughter was born. "We realized maps are great storytellers — of where we met, went to school, went on vacation," says Rodono.

They sell readymade and custom maps of campuses,

ballparks and hometowns. They'll make one of your favourite holiday spot or hiking trail. Coming soon: maps from video games, movies and TV shows (cityprintsmapart.com, \$40 and up).

Brooklyn's Haptic Lab sells hand-stitched, quilted city maps of Los Angeles, New York City, Paris and Washington, D.C., as well as the Great Lakes. Designer Emily Fischer's "soft maps" project started in 2002 as an academic experiment in tactile way-finding after her mother was diagnosed with glaucoma. Her baby quilts are textured and colorful; the full-size versions are ivory with light brown stitchery.

The Great Lakes quilt is cotton, with the lakes done in poly-silk. All are finely detailed, and she'll add custom landmarks or features if you request. Coming this fall will be kits to make your own version (hapticlab.com, \$145 to \$450).

Chicago-based Jenny

Beorkrem makes neighbourhood maps, with typography scrunched into the shape of each community; the result, rendered in eco-friendly soy inks on recycled paper, are punchy graphics that vividly depict how cities are divided up (orkposters.com, \$22 and up).

Rugs are a great medium for cartographic decor. At Hivespace.com you'll find felted wool rugs of Moscow and Oslo; custom locations are available (hivespace.com, price upon request). Swedish designer Calle Henzel's hand-tufted rugs depict the Champs Elysees and Manhattan in muted shades like charcoal, soft pink and yellow (2modern.com, \$1,770-3,260).

Check out Woodcutmaps.com for maps made of exotic and everyday woods; you create your own by choosing your Google map location, then selecting the woods you want used (woodcutmaps.com, pricing based on customization).

Kim Sly, an artist in Portland, Ore., made her first city print several years ago for a friend relocating to New York. That led to a series, and the launch of her business. Pittsburgh, Atlanta, San Diego and Portland are part of the collection she sells atetsy.com/shop/albiedesigns (\$20-40). Sly's whimsical illustrations are composites of elements she likes about a place.

"I pay special attention to

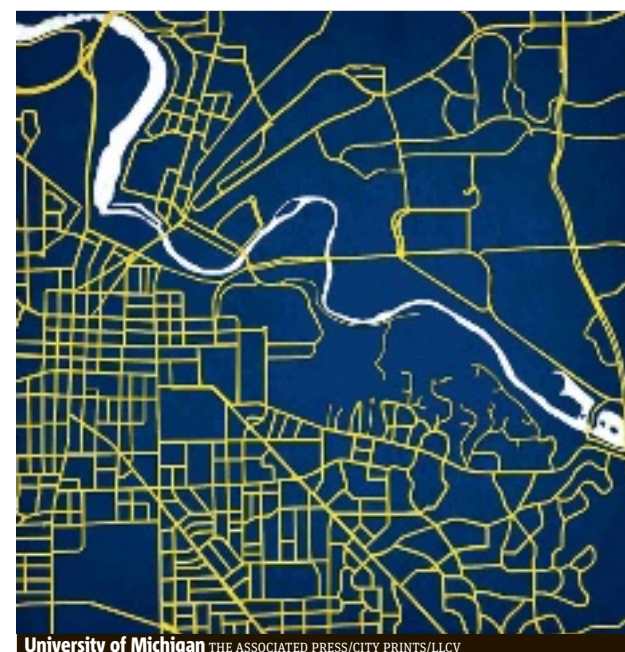
a city's architecture, and how it contributes to its individuality," she says. "But I'm really looking for a more playful interpretation that people can identify with because of their love for their city."

As many of the designers suggest, these pieces would make terrific gifts. A new marriage; a new baby; a new home. A way to remember that great trip you took.

THE ASSOCIATED PRESS



Amsterdam THE ASSOCIATED PRESS/CITY PRINTS/LLCV



University of Michigan THE ASSOCIATED PRESS/CITY PRINTS/LLCV

Find your way

You can go DIY with map decor, too: Scrounge tag sales and old bookstores for large atlases. Antique stores and flea markets sometimes have vintage classroom maps. Find a simple complimentary frame, and you're on the road to a striking piece of contemporary art.

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Student style — on a budget



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I will be renting a room for the upcoming school year and I'd like it to be bright and fun without breaking the bank. Any ideas?
Jenna Carter, via email

The secret to creating a well-pulled-together room on a budget is to keep all the colours of furniture and accessories consistent in style and colour. Your goal is not to have any one item stand alone to be recognized as a lesser expensive item. I suggest using some bright colours to give your room a personality all its own. Your wall colour and window treatment should match; Olympic Paints' Mountain Stream is a green-blue colour that will create a peaceful environment yet vibrant enough to act as a backdrop to more vibrant colour choice for the furnishings and accessories.

Mountain Stream C-57-3 from Olympic Paints, Olympic.com. Neutralize and calm bold accessories with a soft green/blue paint colour.



ODDA bed frame with drawers, \$179

Offers an elevated sleeping experience with deep drawer storage underneath. Designed by Inma Bermudez for Ikea.ca. Black and white.



Go Cart bright orange desk, \$169

Metal office worker rolls into place on 4 commercial wheels -2 wheels that lock. CB2.com. Matching file drawer, \$189.



BAHIA office chair, \$120

Pneumatic height adjustment, tilt back and mesh ensures great comfort and colourful style. Structube.com.



Paper Medallion duvet cover, from \$79

Geometrics and the season's hottest colours make for a fashionable dorm room. Urban-Outfitters.com.



Pop-up hamper, \$10

Perfect for small spaces; folds for flat storage and opens in seconds. Holds up to two loads of laundry. BedBathAndBeyond.ca.



Blush table lamp, \$50

Add a splashy trend colour to your room. UrbanBarn.com.

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Pork and Mushroom Sliders grab the summer eats spotlight

1. Heat oven to 400 F. Blend sour cream and mustard in small bowl; cover and refrigerate. Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mixture in bowl with fork, mashing garlic. Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes or until internal temperature is 160 F. Remove

Ingredients

- 1/4 cup sour cream
- 2 tbsp coarse ground mustard
- 1 lb pork tenderloin, trimmed
- 5 tbsp extra virgin olive oil
- 2 large cloves garlic, divided and minced
- 1 1/2 tsp dried thyme leaves
- 4 cups finely chopped shiitake mushrooms
- 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)



This recipe makes 12 slides. NEWS CANADA

from oven; let stand at least 10 minutes.

2. Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir

30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir for 5 minutes or until mushrooms are tender. Remove from heat; set aside.

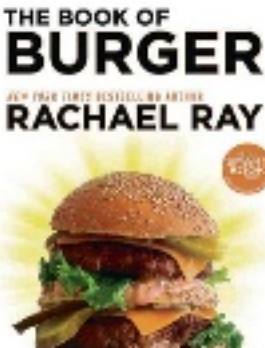
3. Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced

pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if desired.

NEWS CANADA/INTERNATIONAL OLIVE COUNCIL

Cookbook of the Week

All hail The Book of Burger



Whether you're cooking for one or 100, Rachel Ray's *The Book of Burger* has you covered! Please 'em all with more than 200 recipes for burgers, sandwiches, hot dogs, fries, sliders, sloppies and more.

Start with Rach's Big Spicy Mac, tempting you from the book's cover, or go with the heavenly French Onion Dip Burger.

If beef isn't your thing, opt for bites such as Buffalo Turkey Burgers with Blue Cheese Dressing, Firecracker Deviled Corn Dogs, Italian BBQ Chicken Burgers, Lamb Burgers with Walnut and Feta Cheese Sauce, Bacon-Wrapped Potato Skins and more. **METRO**

Bruschetta Burger. Add some pizzazz to your grill

1. In bowl, combine tomato, Parmesan, basil, garlic, vinegar and 5 ml (1 tsp) olive oil.

2. Gently shape ground beef into 4 patties, 1 cm (1/2 inch) thick. Season burgers on both sides with seasoning.

3. Grill over direct medium heat (180 to 230 C/350 to 450 F), with the lid closed as much as

possible, until the internal temperature reaches 160 C (325 F) for medium, 12 to 15 minutes, turning once.

4. Lightly brush both sides of sourdough bread with olive oil. Grill for 3 to 4 minutes, turning once, until bread is lightly toasted. Place each burger on a slice of bread; top with tomato mixture and remaining bread

Ingredients

- 1 tomato, chopped
- 30 ml (2 tbsp) shredded Parmesan cheese
- 30 ml (2 tbsp) chopped basil
- 1 clove garlic, finely minced
- 5 ml (1 tsp) balsamic vinegar
- 5 ml (1 tsp) extra-virgin olive oil, plus extra for bread
- 750 g (1 1/2 lbs) ground beef
- 15 ml (1 tbsp) burger seasoning
- 8 slices sourdough bread

slices. **THE CANADIAN PRESS/WEBER** **GOURMET BURGER SEASONING**



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SPECIAL INFORMATION FEATURE

A party is brewing

Marquee events. National Capital Craft Beer Week is nine days of craft beer appreciation



JEFF O'REILLY
For Metro

With a launch party to kick things off at D'Arcy McGee's on Spark Street Friday at 5 p.m., the inaugural National Capital Craft Beer Week (NCCBW) invites you to nine days of craft beer appreciation, education, food and beer pairing, home-brewed live entertainment, and good, clean fun, culminating in a two-day festival at Marion Dewar Plaza (Ottawa City Hall) Aug. 17-18.

Here are some of the marquee events you should consider attending.

Sessions Cask Ale Festival

Two seatings: Sunday, noon to 4 p.m. and 5-9 p.m., at the Arrow & Loon, 99 Fifth Ave. Limited tickets still available.

The Arrow & Loon has done a great job of cultivating a loyal following for its ever-

rotating cask conditioned beer lineup. With more than 20 different cask ales to be savoured (some unique to each session), you will see interesting and unusual one-offs and multiple-brewery mash-ups that you won't find anywhere else. Cask conditioning is a way craft brewers experiment with their craziest ideas and stretch their imaginations, brewing small batches of the boldest and most daring brews. From exotic ingredients and robust taste combinations, they might be mild session or high-octane strong ales, maybe SMASH (Single Malt And Single Hop) bombs or one-of-a-kind, never-to-be-replicated indulgences.

New on cask is Wellington Boot Chuck IPA (5.3 per cent alcohol by volume), which pours a deep red amber with rocky tan head. The nose shows pronounced pine and citrus notes with musty earthy hops dancing with invigorating roasted malts.

Subtle lemon/citrus and resinous pine flavours balance off well with nutty, roasty coffee and chocolate in a soft, creamy smooth and naturally carbonated very sessionable IPA experience.

An Evening with Stephen Beaumont

Aug. 17, 7 p.m. in the Capital Dining Room at The National Hotel (361 Queen St.). Advanced tickets, only 60 seats at \$120 each.

Widely recognized as one of the world's leading authority on Canadian beer, veteran beer writer and brewing industry analyst Stephen Beaumont hosts an exclusive and intimate evening of beer and food pairing in the Capital Dining Room. The evening will feature a six-course meal skillfully paired with a special selection of craft beer, hand-picked by Beaumont. This evening is guaranteed to be educational, entertaining and a magnificent culinary occurrence.

For more about National Capital Craft Beer Week, visit nationalcapitalbeerweek.com or see tomorrow's NCCBW section in Metro Ottawa.



Sarah raises a pint of cask conditioned Wellington Boot Chuck IPA at The Arrow & Loon, host of the Sessions Cask Ale Festival on Sunday. JEFF O'REILLY/FOR METRO

Sunday, August 12 Family Day

Enjoy great tastings, children's activities, contests and healthy cooking demonstrations for the whole family.

Saturday, August 18th Westboro Opens

We're opening our newest location in Westboro's Byron Tramway Park on Saturdays, 9:30-3:00 until October 27th.

Sunday, August 19th Savour Ottawa's Harvest Table

Celebrate Ottawa's bountiful harvest & culinary talent with a five-course, gourmet lunch prepared by local chefs from fresh, seasonal ingredients provided by our local farmers. Tickets are available at the market & savourottawa.ca. Individual tickets - \$60. Cream of the Crop VIP tickets - \$75.

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Cheese. Super summer snack



CURD ON THE STREET
Vanessa Simmons
For Metro

My cheese pick this week is one of my "go to" cheeses of summer — Fleur en Lait from Glengarry Fine Cheese.

Just a short jaunt from Ottawa, you can find Glengarry Fine Cheese on Highway 34 just north of Lancaster, and south of Alexandria. Fleur en Lait is produced from milk from Ayershire cows that graze on the cheese factory site grounds and is styled after popular Trappist St. Paulin cheese, aged for four to five months.

An apricot-hued washed rind covers Fleur en Lait's pale gold, smooth, silky, semi-firm open interior paste (cheese-speak for the inside of the cheese with small holes throughout).

Aromas are pungent and wildly grassy, as if you are standing in the middle of a farmer's field with the sun shining on your face.

Complementary rich flavours are an expression of summer milk, with nut, fruity, and grassy characteristics layered over a slathering of butter.

Try with Ladies Who Shoot Their Lunch Shiraz or Tahbilk Viognier, featured recently at Savvy Company's "Let's



Fleur en Lait by Glengarry Fine Cheese. VANESSA SIMMONS/FOR METRO

Go To Australia" wine tasting. Or if you happen to be in the neighbourhood, why not make a quick pit stop

at Beau's All Natural Brewing Co. in Vankleek Hill and match with its sensational seasonal Festival beer.

Home sweet Home

Food and goods. Purchasing from farmers and companies in your region offers many benefits

ASTRID
VAN DEN BROEK
For Metro

What does buying local mean? And how do you do it? We asked Jed Goldberg, president of Toronto-based Earth Day Canada, to share with us the goods on buying local.

WHAT IS BUYING LOCAL?

Buying local means purchasing food and goods produced by farmers and companies in your region. "There are all different qualifiers as to what is your region — your region could be Ontario for instance, or southern Ontario," he says. "It all depends on what your criteria are. But what it certainly couldn't be is the Western Hemisphere!"

WHY BUY LOCAL?

Aside from driving money

back into your region's businesses, there are environmental factors to consider in considering buying local. When buying foods from overseas farmers, for example, there are environmental transportation costs and concerns that go into buying those goods.

"There's a good example right now in China cornering the market on garlic," notes Goldberg. "They're now the No. 1 garlic producers in the world. So why would you buy garlic from China when you can buy it from Newmarket, Ont.? It doesn't make sense."

Goldberg adds that buying from producers abroad also means you often don't know what type of farm or production facility your food comes from. The farms, he notes, could be mass factory facilities that might not be as closely monitored in environ-



Choosing to buy produce from local farmers means your food is usually fresher. JUPITERIMAGES/BANANA STOCK/THINKSTOCK

mental or quality standards compared to a local producer.

Buying local also affords you food that usually stays on the vines longer and is picked closer to selling time.

"So then it's usually going to be healthier, better tasting and more nutritious," Goldberg says. "So you're

paying for the freshness and the quality of the food when you're buying local, and not for the transportation, the packaging, the refrigeration and all of that."

HOW TO BUY LOCAL

To scout some local goods, visit your local farmers' mar-

ket where you can purchase much more than in-season produce. (Many markets often include foods such as baked goods, cured meats, artisan crafts and even clothing.)

"Right now in Canada, the harvest season is coming so there's the greatest available selection of locally grown

food in markets across the country," says Goldberg.

If you are shopping in stores, however, look for certifications such as the Local Food Plus (LFP) logo on your products — LFP certifies farms and processors who have adhered to sustainability and production standards.

"If you see that logo, then it's produced by somebody close to where you live," notes Goldberg.

Local farmers' markets

- **METCALFE FARMERS' MARKET:** Located on 8th Line Rd., this market runs Saturday from 8 a.m. to noon from mid-May to the end of October. (metcalfefm.com).
- **OTTAWA FARMERS' MARKET:** Local producers bring their goods to Lansdowne Park each Sunday from 8 a.m. to 3 p.m. until the end of October. (ottawafarmers-market.ca).
- **MAIN FARMERS' MARKET:** On the grounds of Saint Paul University (223 Main St.), this market operates Saturdays from 9 a.m. to 2 p.m. from early May to the end of October. (mainfarmers-market.org).

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Andy Murray of Great Britain serves against Flavio Cipolla of Italy on Wednesday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Murray's golden form continues

Tennis. British player back on court in Toronto days after topping Federer for Olympic title in London

Andy Murray of Great Britain, who arrived in Toronto on Tuesday after winning Olympic gold in singles, took his opening Rogers Cup match 6-1, 6-3 over Flavio Cipolla of Italy on Wednesday.

It sets up a meeting on Thursday with Milos Raonic of Thornhill, Ont., who earned his way to the third round on Tuesday with an easy victory over Viktor Troicki of Serbia.

Raonic defeated Murray in the semifinals of the Barcelona

In Montreal

Wimbledon junior champion Eugenie Bouchard is through to the second round of the women's Rogers Cup.

- The 18-year-old from Montreal downed Shahar Peer of Israel 3-6, 6-2, 7-5 on Wednesday.

- Bouchard has been on a roll this summer, taking two \$10,000 ITF events in Bastad before heading to Wimbledon, where she became the first Canadian to win a grand slam event at any level with a victory over Elina Svitolina in the final.

Open nearly four months ago.

Murray, ranked fourth in the world and second in the Rogers Cup, had little trouble with Cipolla and seemed to suffer few ill effects from the rigours of the Olympics in London.

Cipolla, 28, who came into the week ranked 97th in the world, tried to make a match of it in the second set. Leading

2-1, Cipolla had break point on in the fourth game but Murray rallied to hold service to even the set at 2-2.

Murray came back to break Cipolla's serve to go ahead 3-2. Cipolla again had a break point in the sixth game but couldn't finish it off. Murray broke Cipolla's serve to end the match.

On Sunday at Wimbledon, the 25-year-old convincingly

won Olympic gold with a 6-2, 6-1, 6-4 victory over Roger Federer, who is not at the Rogers Cup this year.

Jo-Wilfried Tsonga of France admitted that he was tired after losing his opening Rogers Cup match on Wednesday.

His 25-year-old countryman Jeremy Chardy, ranked 47th in the world, upset the sixth-ranked Tsonga 6-4, 7-6.

"I think it's not about my game," he said. "You know my game is my game. But I was just, you know, not enough — how you say that? I didn't have enough energy to move well. That's it."

Tsonga was coming off a gruelling Olympic experience where he had a long and difficult match with Raonic that left him drained.

THE CANADIAN PRESS

NHL

Flyers pad ailing blue-line by re-signing Bourdon

The Flyers re-signed defenceman Marc-Andre Bourdon to a multi-year contract extension on Wednesday, and agreed with centre Scott Laughton on an entry-level contract.

The news comes a day after Philadelphia's defence took another hit, when Andrej Meszaros underwent surgery to repair a torn Achilles tendon. Meszaros is out indefinitely.

Bourdon, 22, was selected by the Flyers in the 2008 third round. He made his NHL debut with the Flyers last season, posting four goals and seven points in 45 games.

Laughton, 18, was the Flyers' first-round selection in June.

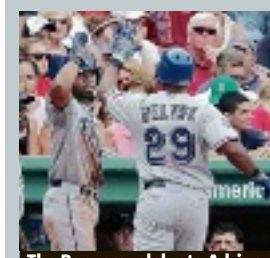
THE ASSOCIATED PRESS

MLB

Rangers charge back to claim victory in Boston

Adrian Beltre had a tiebreaking sacrifice fly in the ninth inning after Texas blew a late four-run lead and the Rangers beat the Boston Red Sox 10-9 Wednesday.

Josh Hamilton had three hits, a homer and four RBIs for Texas, which couldn't hold a 9-5 edge before pulling out its sixth win in eight games. THE ASSOCIATED PRESS



The Rangers celebrate Adrian Beltre's game-winning RBI on Wednesday. GETTY IMAGES

Mobile sports



Oxygen deprivation is part of life for synchronized swimmers. Canadian Marie-Pier Boudreau-Gagnon and partner Elise Marcotte spend about half of their free duet program underwater. Scan the code for the story.

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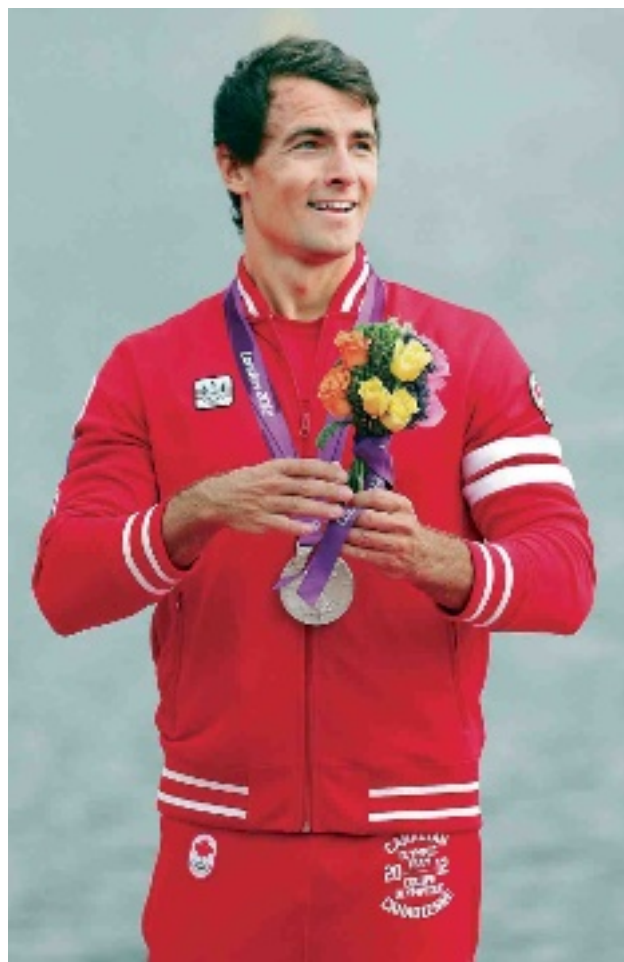
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Awesome day on Eton Dorney



Adam Van Koeverden celebrates with his silver medal at Eton Dorney on Wednesday. JULIAN FINNEY/GETTY IMAGES

Canoe-kayak. Van Koeverden finds bright side in silver, Oldershaw buoyed by his bronze

Two friends with a ton of Olympic history made the canoe-kayak medal podium Wednesday.

Adam van Koeverden won silver in kayak, his fourth medal in three Olympics, in the K-1 1,000 metres. And training partner Mark Oldershaw, a third-generation Olympian, claimed canoe bronze in the C-1 1,000 metres.

Watching over both of them was proud coach Scott Oldershaw, Mark's father.

Van Koeverden, the reigning world champion, looked for the silver lining in silver. Oldershaw, who finished 10th in Beijing four years ago when nerves got the best of him, was bubbling over bronze.

"(It feels) very heavy and it's awesome," a grinning Oldershaw said of the medal around his neck. "And I'm going to



Mark Oldershaw reacts to his bronze medal finish on Wednesday.

SEAN KILPATRICK/THE CANADIAN PRESS

wear it for a while."

After a blazing start, van Koeverden lost gold to friend and longtime training partner Eirik Veras Larsen of Norway in the final stretch.

Larsen, 36, was the 2004 Olympic champion and 2008 silver medallist in the K-1 1,000. He also won bronze in the K-2 500 in Athens.

Van Koeverden won gold

and bronze at the Athens Games in 2004 and a silver in Beijing. The gold and silver came in the 500 metres — which has since been replaced by a 200-metre race — and the bronze in the 1,000. He was eighth in the 1,000 in 2008.

The 30-year-old from Oakville, Ont., admits Beijing was a hard pill to swallow. He had won a lot of races going into the 2008 Games and put a lot of pressure on himself.

But he has matured over the years. Any disappointment Wednesday was tempered by respect for his rivals and knowing that you can't win them all.

Still, van Koeverden showed his steely side when asked if he

By the numbers

4

Van Koeverden's Games resumé includes being flag-bearer in 2008 and carrying the flag at the closing ceremonies in 2004. His fourth medal Wednesday takes him one past Caroline Brunet, making him Canada's most prolific canoe-kayak Olympian.

had come out too fast.

"I started the way I wanted to," he replied. "I was super-comfortable. Going through the 500 I had tons of energy. It's not a case of a screwed-up race plan, this is a case of one guy in the whole world being better than me. And I can live with that."

"Seven billion people, one guy's better. It's OK."

The two Canadians won their medals in vastly different fashions.

Van Koeverden rocketed out of the start and held the lead until Larsen ran him down as the finish approached.

Oldershaw was a full second out of fourth place with 250 metres remaining but powered his way onto the podium. The 29-year-old from Burlington, Ont., may have got silver had it not been for fast-charging David Cal Figueroa of Spain. Germany's Sebastian Brendel won gold.

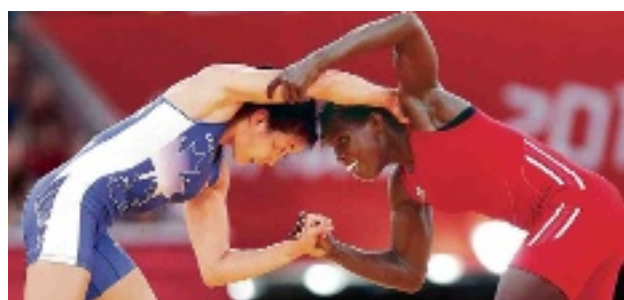
THE CANADIAN PRESS

Quoted

"This is one of the bronze medals that means almost as much as a gold."

Scott Oldershaw on his son Mark's medal. Grandfather Bert Oldershaw finished fifth at the 1948 Games in London and went on to compete at two more Games. Scott competed in Los Angeles in 1984, while uncles Dean (Munich, 1972) and Reed (Montreal, 1976) were also Olympians.

Huynh battles to bronze with fortuitous clinches



Carol Huynh grapples with Senegal's Isabelle Sambou on Wednesday.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada's Carol Huynh won a bronze medal in freestyle wrestling at the London Olympics on Wednesday while teammate Martine Dugrenier came up just short in her bid to reach the podium.

Huynh, the 2008 Olympic champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. The Calgary wrestler won tie-breaking clinches after each of the two scoreless rounds.

She said she was elated with the win.

"I didn't want it to end in two clinches but you know what, I'll take it," Huynh said. "I wanted that bronze medal."

About a half-hour later, Dugrenier lost to Battsetseg Soronzonbold of Mongolia in the bronze medal bout at 63 kilograms. Soronzonbold stuffed Dugrenier's attacking attempts and outscored her in both rounds.

There was very little actual wrestling in Huynh's last match as the grapplers spent most of the bout clutching and grabbing. After drawing the offensive position in both clinches, Huynh scored early on both occasions to take the rounds.

"I wanted to do it with a bit more flair and take it to her, but it didn't really get going," said the 31-year-old Huynh. "I felt really lucky to get both

clinches. I'm so happy to win another medal for Canada."

Huynh missed out on a chance to wrestle for gold at ExCeL London North Arena 2 when she lost to Japan's Hitomi Obara in the semifinals.

Huynh won gold at the Pan Am Games last fall and has reached the world championship podium on four occasions (one silver, three bronze).

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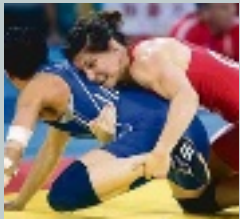


Gasols keep eye on the prize against France

France's Ronny Turiaf, left, and Spain's Pau Gasol eye a rebound during a men's Olympic quarterfinals basketball game Wednesday in London. Pau and brother Mark Gasol dominated under the basket and Spain held France scoreless for nearly seven minutes in a 66-59 win that sent Spain to a semifinal showdown with Russia.

CHARLES KRUPA/THE ASSOCIATED PRESS

Thursday's 3 to watch



Women's wrestling

Tonya Verbeek of Thorold, Ont., won a silver in Athens in 2004 and a bronze in Beijing in 2008. She'll look to complete her medal collection as competition gets underway in the 55-kilogram category. Time: 8:42 a.m. Channel: Sportsnet

Women's soccer

Abby Wambach and the United States face Japan in the gold medal match at Wembley Stadium in front of possibly the largest crowd ever to watch women play soccer at the Olympics. The Americans have been dreaming of this rematch since losing to Japan at the 2011 World Cup final in Germany. Time: 2:45 p.m. Channel: TSN



Men's BMX

Tory Nyhaug of Coquitlam, B.C., finished 20th in the men's seeding run with a time of 39.515 seconds on Wednesday. He'll look to improve in the quarter-finals and finish strong in BMX's first-ever appearance at the Olympics. Time: 10 a.m. Channel: Sportsnet

Tough break

Whitfield breaks collarbone in crash

Simon Whitfield broke his collarbone when he crashed on his bike in Tuesday's Olympic triathlon.

The 37-year-old from Victoria said via Twitter that it's a "small break, not displaced."

Whitfield was forced to drop out of Tuesday's race after he crashed spectacularly in a freak accident early in the bike leg.

In addition to the broken

collarbone, Whitfield needed stitches in his big toe. He said his knees and shins were also banged up in the crash.

Whitfield, the Olympic champion in 2000 and silver medallist in 2008, was considered a medal longshot in London. He was Canada's flag-bearer at the opening ceremony.

Kayaker Adam van Koeverden, who won a silver medal Wednesday, said Whitfield had planned to come see him race but had to instead have an X-ray.

"I was crying (Tuesday),"

van Koeverden said of watching the race. "I was allowing myself to cry, because it was a healthy expression of emotions. I didn't really cry until I saw a picture of (daughter) Pippa and (wife) Jennie. Because I know them both really well and Jennie is the stalwart of that family. She holds everything down and she does so much work."

Van Koeverden had had high hopes for Whitfield's chances in the triathlon.

"He deserved more (Tuesday). He would have run with those guys, I'm certain," he said. THE CANADIAN PRESS

Day 12 results

MEDAL STANDINGS

216 of 302 total medal events

Nation	G	S	B	Tot
United States	34	22	25	81
China	36	22	19	77
Russia	11	19	22	52
Britain	22	13	13	48
Germany	7	15	10	32
Japan	4	13	14	31
France	8	9	11	28
Australia	5	12	9	26
South Korea	12	7	6	25
Italy	7	6	4	17
Netherlands	5	4	6	15
Canada	1	4	9	14
Hungary	6	2	3	11
New Zealand	3	2	5	10
Brazil	2	1	7	10
Belarus	3	2	4	9
Ukraine	3	0	6	9
Spain	2	6	1	9
Romania	2	5	2	9
Denmark	2	4	3	9
Kazakhstan	6	0	2	8
Iran	4	3	1	8
Poland	2	1	5	8
Cuba	3	3	1	7
Sweden	1	3	3	7
Jamaica	2	2	2	6
Czech Republic	1	3	2	6
North Korea	4	0	1	5
Kenya	1	2	2	5
Colombia	0	3	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Azerbaijan	0	2	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ATHLETICS

Men's 200m — Semifinals — Jared Connaughton, Charlottetown, P.E.I., finished seventh in heat one and failed to qualify with a time of 20.64. Aaron Brown, Toronto, finished fourth in heat two and failed to qualify with a time of 20.42.

Men's 5000m — First Round Qualifying — Cameron Levins, Black Creek, B.C., finished in eighth in heat two and qualified with a time of

13:18.29.

Men's Javelin — Qualifying — Curtis Moss, New Westminster, B.C., finished 13th and failed to qualify with a distance of 78.22.

Women's 800m — First Round Qualifying — Jessica Smith, North Vancouver, B.C., finished second in heat three and qualified with a time of 2:07.75. Melissa Bishop, Eganville, Ont., finished sixth in heat five and failed to qualify with a time of 2:09.33.

Women's 1500m — Semifinals — Hilary Stellingwerff, London, Ont., finished sixth in heat one and failed to qualify with a time of 4:05.57. Nicole Sifuentes, Winnipeg, finished 11th in heat two and failed to qualify with a time of 4:06.33.

Women's Hammer Throw — Qualifying — Sultana Frizell, Perth, Ont., finished in 14th in group one with a distance of 67.45 and failed to qualify. Heather Steacy, Lethbridge, Alta., finished 17th with a distance of 63.40 and failed to qualify in group two..

DECATHLON

Men's 100m — Damian Warner, London, Ont., finished in third with a time of 10.48 in heat three.

400m — Warner finished third in heat four with a time of 48.20.

Long jump — Warner won group two with a distance of 7.54.

Shot Put — Warner finished 10th with a distance of 13.73.

High Jump — Warner won group two with a height of 2.05.

Cumulative Ranking — Warner sits in third place heading into the second day of competition with 4386 points.

CANOE-KAYAK

Men's Kayak Singles 1000m — A Final — Adam van Koeverden, Oakville, Ont., won a silver medal with a time of 3:27.170.

Men's Canoe Singles 1000m — A Final — Mark Oldershaw, Burlington, Ont., won a bronze medal with a time of 3:48.502.

Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

CYCLING

Men's BMX — Tory Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39.515.

DIVING

Women's 10m Platform — Preliminary — Meghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified

with a score of 314.85.

EQUESTRIAN

Individual Jumping — Ian Millar, Perth, Ont., and his horse Star Power finished in a tie for ninth (11, 4; 7, 4), 8.

SAILING

49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, finished in 17th (162).

WRESTLING

Women's Freestyle — 48Kg — Carol Huynh, Calgary, defeated Isabelle Sambou, Senegal, 1-0, 3-0, Points to win a bronze medal.

Women's Freestyle — 63Kg — Martine Dugrenier, Laval, Que., lost to Battsetseg Soronzonbold, Mongolia, 2-0, 1-0, Points in the bronze medal match.

SOCCER

WOMEN

BRONZE MEDAL MATCH

Thursday, Aug. 9

At Coventry, England

France vs. Canada, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9

At Wembley, England

Japan vs. United States, 2:45 p.m.

MEN

BRONZE MEDAL MATCH

Friday, Aug. 10

At Cardiff, Wales

Japan vs. South Korea, 2:45 p.m.

GOLD MEDAL MATCH

Saturday, Aug. 11

At Wembley, England

Mexico vs. Brazil, 10 a.m.

BASKETBALL

MEN

QUARTERFINALS

Wednesday, Aug. 8

Russia 83, Lithuania 74

Spain 66, France 59

Argentina 82, Brazil 77

United States 119, Australia 86

SEMIFINALS

Friday, Aug. 10

Russia vs. Spain, Noon

Argentina vs. United States, 4 p.m.



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Horoscopes

Aries

March 21 - April 20

Make life easy for yourself today. Go with the flow and make the most of opportunities as and when they arrive. If you can do that then everything will be all right with your world.

Taurus

April 21 - May 21

Today's cosmic alignment warns that if you have any doubts about what you are being asked to get involved with, it might be best to opt out. Your colleagues may not be happy but it's your happiness that counts.

Gemini

May 22 - June 21

No matter how confident you may be of your own abilities, a lot still depends on other people, so don't take anything for granted. Make sure you can tell the difference between a calculated risk and a foolish one.

Cancer

June 22 - July 23

You can sense changes are good for you and, as usual, your instincts are spot on. The reader you are to embrace the future, the quicker you will arrive at a place where your future is secure.

Leo

July 24 - Aug. 23

A few words of encouragement from you could be all it takes to change a friend's day from a bad one into a great one. Maybe you don't realize it but your positive take on life is infectious — in a very good way.

Virgo

Aug. 24 - Sept. 23

People know you can be a bit controversial at times but what you say today will antagonize a lot of people. Good. They need to be told that life is what it is, not what they wish it might be.

Libra

Sept. 24 - Oct. 23

It's not true that every Libra is indecisive and you will go out of your way to prove it today. Something needs dealing with, something that you are best positioned to handle. Seize the initiative.

Scorpio

Oct. 24 - Nov. 22

Just because some of the people you live and work with see things differently to you does not mean they are stupid — although it does not mean they are not either! Treat them and their opinions with respect today.

Sagittarius

Nov. 23 - Dec. 21

Yes, you must stand up for your rights, but you also need to find ways to get along with other people, especially on the work front where no one will make progress unless you all progress together. Let them know that.

Capricorn

Dec. 22 - Jan. 20

The planets indicate that the challenges you face over the next 24 hours are the final hurdles in your quest to do something important, so don't give up now. You are so close to the breakthrough you have been dreaming of.

Aquarius

Jan. 21 - Feb. 19

People in positions of power have been watching you closely and like what they see, so expect an offer of some kind to come your way over the next few days. Take it before one of your rivals does.

Pisces

Feb. 20 - March 20

It does not matter how hard the task you are about to undertake happens to be, you will make a resounding success of it.

SALLY BROMPTON

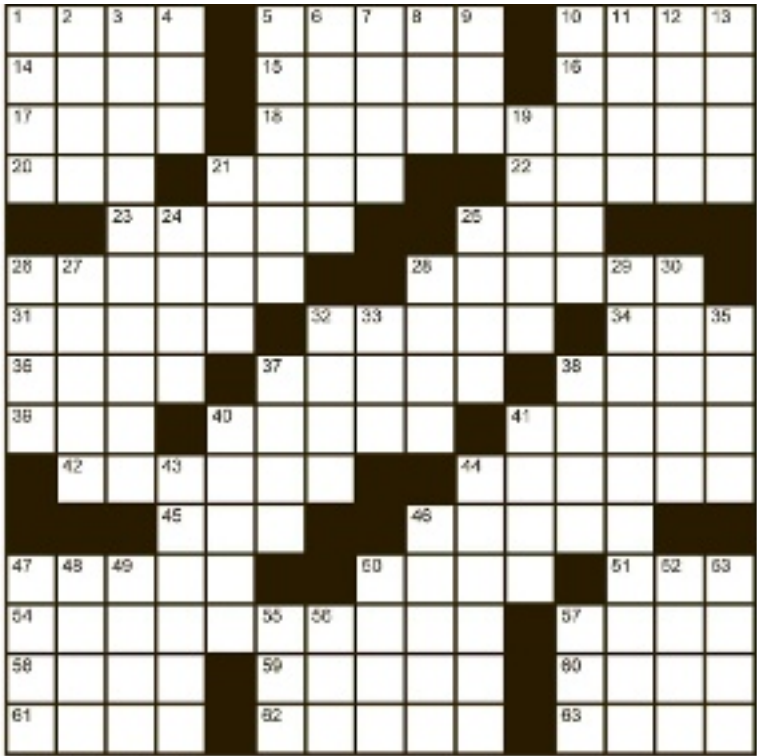
Crossword: Canadiana

Across

- Where to find Memphis: abbr.
- BC neighbor to the south
- Alder or aspen
- Persia, now
- Grass cutter
- Beneficiary of a will
- Underground digging workplace
- 55-Down animals (2 wds.)
- Beaufort ____: body of water north of 55-Down
- Easter entrees
- Empty, as an apartment
- Celebrities
- BMO competitor
- BC-born *Baywatch* babe Anderson
- Edmonton team
- By oneself
- Hat-trick number
- Fall mo.
- High tennis shots
- Clothing tag
- "As ____ as the driven snow"
- Grease* band ____ Na Na
- Flies alone
- Bread bun that's boiled and baked
- Circle in Canada's north
- ____ McAdams: London, Ontario-born *Wedding Crashers* star
- Certain batteries
- Apple centre remover
- Call off, in NASA-speak
- Box office disaster
- Exchanged vow (2

Down

- Canada's quintessential coffee and donut place, familiarly
- A Great Lake
- Canadian ice cream cookie treat (2 wds.)
- SSW opposite
- African antelope or Chevrolet
- Unhappy ends
- Belt-hole makers
- "Isn't ____ bit like you and me?": Beatles (2 wds.)
- Canadian-born hockey great Bobby
- From that point on
- Actual
- Ireland
- Formerly
- BC-born pop singer Michael
- Excavation
- Animal lairs
- Manitoba's Louis ____
- Buddies
- Hawaiian greeting
- They come from
- 17-Across



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- Saskatchewan team member
- Mountainside debris
- After-bath powder
- The Sopranos* home
- Snitch
- ____ Maxwell: Kitchen-born Miss Money Penny player in many Bond movies
- Footstep

- Aver
- Cutting remark
- Newmarket, Ontario-born star Jim of *The Mask*
- US presidential candidate Mitt
- Canada's East or West ____
- ____ Romeo: Italian sportscar
- Lambs' laments

- "That hurt!"
- Book jacket blurbs, essentially, in short
- Broad lowland
- Rubber-stamp
- 42-Across site: abbr.
- Article that often comes before 57-Down
- Official Parliament opposition

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.

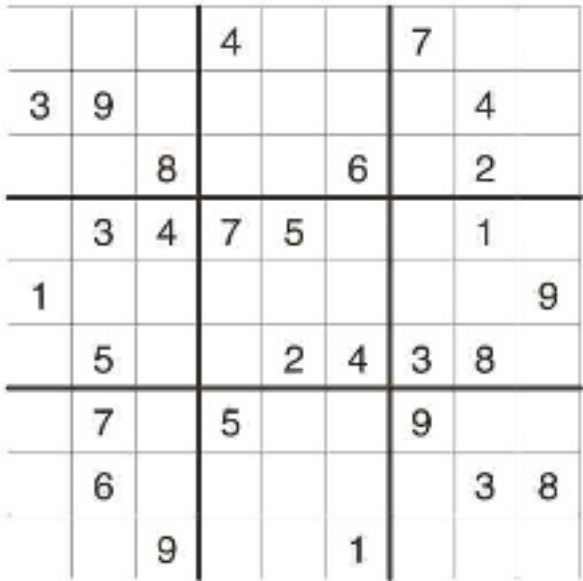


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



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